

Psychological Trauma and Supernatural Phenomena in Wuthering Heights

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Summary:

The problem of the research is represented by the unequal relationship between Catherine and Heathcliff, which led to this psychological complexity and the trauma that Heathcliff was exposed to, which led to the intervention of the supernatural factor represented by the appearance of the ghost and what was reported later about the appearance of Heathcliff's ghost later after his death. The aim of the research is to find out the effect of psychological shock and its relationship to the supernatural phenomena that may be a reflection of this shock. The result was that psychological shock and supernatural phenomena were the result of many factors and influences surrounding the main characters of the novel, including the social and class distinction . the role of women and their search for luxury and wealth through marriage to change their social status and ignore the emotional aspect through the principle that the end justifies the means.

Introduction:

Emily Bronet's "Wuthering Heights "(1847) merges psychological trauma with supernatural elements, particularly through the continuous motif of ghosts. The novel's exploration of endless grief obsession, and the haunting insistence of the past is focused- in the spiritual presence of Catherine Earnshaw, whose ghost agonizes Heathcliff and designates the incurable wounds of trauma. This study examines how Bronte uses the supernatural elements to personify psychological suffering and inquire into the human psyche's response to wastage and betrayal. One of its most prominent symbol is the existence of ghosts, which serve as both verbatim and symbolic description of trauma, fault, and the inevitable past. This

paper inspects the interrelation between psychological trauma and supernatural phenomena in "Wuthering Heights", concentrating on how ghosts role as declaration of the characters' unrecovered emotional wounds. The supernatural phenomena linked with Catherine s ghost haunting Heathcliff and Lockwood s facing with her soul . This interlinkage has made a kind of mystery and fear .Some times we can explain this weird and strange phenomena according to psychological analysis and sometimes we cant , because of the complexities of the human psyche . No one can guess the truth from the beginning , so you have to read it carefully and try to extract the real or the most accepted interpretation . This connection between the supernatural elements and physiological trauma in Wuthering heights is actually over lapping , using this as an advantage to serve the narrative technique which is used in this novel cleverly . the role of the ghost is very important that reflects many important aspects of the main character of the novel . No one can guess this strong connection between these tow poles in the novel . Heathcliff gathers between the trauma and supernatural aspect , these two aspects are united in the character of Heathcliff , even Catherine shows the another part or phase of the same coin .

1. Ghosts as signs of emotional pain

The ghost of Catherine Earnshaw shows Heathcliff's passion of grief and sin. After she died, Heathcliff was very sad and wanted to be with her once again. His sorrow is so profound that it changes how he sees the world .Brontë writes:

Be with me always—take any form—drive me mad! Only do not leave me in this abyss, where I cannot find you!"* (Ch. 16).Heathcliff's appeal shows how trauma can make it difficult to tell the difference between the living and the dead, and how this can make the supernatural seem like a real thing. The ghost shows his inner conflict to receive loss, a concept that re-echoes with modern trauma theory. Cathy Caruth discusses trauma as an event "not fully processed during its occurrence" (Unclaimed Experience, 1996). Heathcliff's panic of losing Catherine increases the sense of loss

and regret he experiences later. He was shocked after his transition to another position that he thought he would change his old and defective image in the mind of his beloved. He thought she was his goal in his life, and he couldn't make up for her position and her role in his heart and mind.

The ghost's attendance in Heathcliff's mind might be a sign of the trauma he was going through. We can't be sure if the ghost is real, but it does show some aspects that influenced his mind. Cathy and Heathcliff love each other deeply. They use words like 'my soul', 'my life' and 'myself' to indicate to each other, which shows the depth of their love. The dying Cathy wants to die with him: "I shall love mine yet; and take him with me: he is in my soul" (Bronte: 116). This shows the great passion that she feels. This passion will transform into a kind of psychological disorder that will affect him until the end.

2. Trauma and recurrence

The novel's design , which repeats definite sections, shows the same nature of trauma. Heathcliff's abuse of Hareton and Catherine Linton is similar to the brutality he was in pain as a child, suggesting that chronic trauma can continue into the future. There are repeated cycles of violence. Similarly, Catherine's ghost indicates that the past cannot be forgotten . As critic Sandra Gilbert says, "The ghostly Catherine is less a supernatural being than a psychological projection... the embodiment of Heathcliff's tormented memory" (The Madwoman in the Attic, 1978).

This is similar to what Judith Herman said about people who have practised trauma often acting out their pain (Trauma and Recovery, 1993). Catherine experienced this when she was young, before she got married to Edgar, and again after Heathcliff returned. She loves Heathcliff, but the shocked lover left before they got together. She didn't meet him again until some time after her marriage. Meeting him again was very shocking for her, and the next time they met was the end of her life, which

was full of misery. The ghost of Catherine shows or hints at the restless soul of the dead woman. Heathcliff was also shocked several times until the end, which was caused by the haunted ghost. The ghost was sign for great shock to Heathcliff.

3- The miraculous and the weirdness

Bronte uses the Gothic metaphorical of the weirdness to show the disturbing effects of trauma. Catherine's ghostly looking—like Lockwood's nightmare in which her child-ghost beseech to re-enter Wuthering Heights (Ch. 3)—create a sense of remaining scare. Freud's idea of the weird (the uncanny) is similar, where oppressed emotions come back in strange forms (The Uncanny, 1919). The moors, a space between life and death, make the strange mood even stronger, showing how the characters' minds are broken. The weirdness and mystery are good ways to show any kind of trauma, without the reader or critics recognition or questioning it. There are many hints or signs that show the common feeling of scare and the uncanny. The ghost shows Heathcliff's concealed feelings of love and fault. He was anguished from his love for Catherine and feeling inferior to her, even after her death, which makes him want to revenge. The idea of revenge is a result of this shock, which combines the acceptance of seeing the ghost and the desire to get revenge. In the first chapters of "Wuthering Heights", Mr Lockwood becomes confined at the Heights due to a hard snowing weather and is forced to stay the night. During his stay, he has a scary dream in which the ghost of Catherine Earnshaw—a feeble figure with an icy, childlike fist—comes out from the window and catches his hand, pleading Lockwood is hopeless to let the ghost into the house. He is stunned by the facing and later meets Heathcliff, angrily turn down the ghost as a bad, otherworldly being. He says that Catherine must have been a "variable" in life, a creature of fairy folklore known for being misleading. Lockwood says that her ghost is like a harmful and savage fairy tale creature, and that her disturbed soul is roving the earth for twenty years as penalty for her sins. His choice of the word "variable"

shows that he is legendary and that he thinks Catherine has a bad character. He sees her ghost as a supernatural impostor and not a sad spirit. Many people who have seen the ghost are disturbed.

In Emily Bronte's novel *Wuthering Heights*, the ghostly phantom scene happens in Chapter 3. Here, Mr. Lockwood, the new tenant of Thrushcross Grange, goes to *Wuthering Heights* and has to spend the night because it is snowing outside the house. During the night that he spent in *Wuthering Heights*, he has a bad dream and meets the ghost of Catherine Earnshaw

"A hand closed on my arm... I heard a mournful voice: 'Let me in! Let me in!'... 'Who are you?' I asked... 'Catherine Linton'... 'I'm come home; I'd lost my way on the moor!'... I tried to free my arm, but she clung to it madly, till I screamed aloud in terror..." (Emily Bronte, *Wuthering Heights*, 1847, ch3)

4. The frightful environs

The Yorkshire swamp role as a figure for psychological isolation and loneliness. Their savage, uncontrolled beauty mirrors Heathcliff and Catherine's unstable passion, while their isolation magnifies the characters' mental shattering. Bronte's setting becomes a "psychosomatic landscape," where the supernatural is impossible to separate from the characters' internal disorder,

Wuthering Heights itself takes the part as a very fearful house, filled with memories, recalling the past, and the remaining presence of Catherine. The windy, bleak landscape figure out the emotional disturbance of its residents who are living there, consolidate the idea that supernatural incidents are an stretching of their trauma.

In Emily Bronte's *Wuthering Heights*, the haunting landscape is not merely a background for the whole image of the scene but a living, figurative energy that reflects the painful feelings of the characters and magnify the novel's Gothic surroundings environment. the following are the key instance of landscape and its thematic references :

A. The swamps : savagery and liberty

The uncontrolled moors encircling Wuthering Heights shows both freedom and snare, mirrors the passionate yet ruinous relationship between Catherine and Heathcliff whom love was mouldered .

"The intense horror of nightmare came over me; I tried to draw back my arm, but the hand clung to it, and a most melancholy voice sobbed, 'Let me in—let me in!'... 'I'm come home: I'd lost my way on the moor!'

Catherine's ghost ties her restless spirit to the moors, emphasizing their role as a liminal space between life and death". (Emily Bronte , withering heights ,1847 ,ch3)

Catherine confesses to Nelly:

"My love for Heathcliff resembles the eternal rocks beneath... I am Heathcliff!"

Her identification with the wild, unchanging landscape underscores their primal bond.(Emily Bronte , withering heights ,1847 ,ch9)

B.. Thrushcross Grange against Wuthering Heights

These are the most important places in this novel . They refer to main themes and show the significance that existed . Each place symbolize for certain symbols and deferent figures . The dissimilarity between the two houses reflects the confrontation between crud passion (Heathcliff) and urban reservation (the Lintons).

Lockwood describes Wuthering Heights:

"Wuthering' being a significant provincial adjective, descriptive of the atmospheric tumult to which its station is exposed in stormy weather." Eagleton, T. Myths of Power, 1975,34,35)

The house's name evokes the violent winds, symbolizing chaos and unrestrained emotion. .(Emily Bronte , wuthering heights ,1847 ,ch1) Thrushcross Grange is depicted as a place of refinement, with "carpeted floors" and "crimson-covered

chairs and tables," contrasting sharply with the bare, storm-battered Wuthering Heights. (Emily Bronte , withering heights ,1847 ,ch6)

C. icy Storms and devastation

The hard weather reverse the characters' interior disorder and prophesize tragedy.

Lockwood's nightmare happens during an ice storm:

"The storm came rattling over the Heights in full fury... a glare of white letters started from the dark, as vivid as spectres—the air swarmed with Catherines." (Emily Bronte , withering heights ,1847 ,ch3)

The storm symbolises Heathcliff's timeless grief and the supernatural horror. Heathcliff's death happened during a rainstorm, and his ghost is said to wandering the moors with Catherine, gathers his torture restless spirit with the savage and landscape. This happened in final chapter .

D. The abnormal sight .

The swamps and houses become area of scary , make the shadow line between the living and the dead ,vague and invisible . We can notice Heathcliff's obsession in these lines :

"Catherine Earnshaw, may you not rest as long as I am living!... I cannot live without my soul!" (Emily Bronte , withering heights ,1847 ,ch29)

Heathcliff's pain fasten him to the concrete landscape, where he searches Catherine's ghost. Also can see the same thing in Lockwood's vision in chapter 3.

The ghostly child (Catherine) tapping at the window ties her spirit to Wuthering Heights itself.

We have here some Critical Perspectives for some critics :

Terry Eagleton (Literary Critic):

Argues the moors represent a "psychic geography," externalizing the characters' repressed desires and social conflicts.

In *The Madwoman in the Attic*, she interprets the landscape as a metaphor for female rebellion against patriarchal constraints. (Sandra M. Gilbert, *The Madwoman In The Attic*” *The Woman Writer and the Nineteenth-Century Literary imagination*,1979)

5. Educational and Historical state of affairs :

Bronte's use of ghosts as a tool which is familiar at that period to point out the defects and faults of that age (Victorian-era). Catherine's ghost revolts against societal system , figure out oppressed female anger, an ambition and desire. Meanwhile, Heathcliff's confirmation on her spirit reverse standard of man intellectuality. As Terry Eagleton argues, the novel's Gothic elements expose the “violence underpinning bourgeois order ” (Myths of Power, 1975).

A. the construction of community

In this aspect we can discuss the gap between some rural nobles families and the lower class people. The Earnshaws (*Wuthering Heights*) and Edgar (*Thrushcross Grange*) represent the nobles statue , while Heathcliff who found from Liverpool—a city related to wretchedness and transmigration — manifests the lower class are treated as insignificant or peripheral . His elevation through using the property laws in bad way. This shows the defects and flaw of social transition fears during the Industrial Revolution.

private ownership and wealth :

Heathcliff's wealth symbolizes nineteenth century capitalism and the rising of private wealth . His falsified the law of inheritance and deprived Hindley of his legal right .

B. Industrial Revolution

We have tow kinds of wealth : new and old . The Lintons' improvement against the Earnshaws' cruelty, referring the new middle class's struggle with old rustic life. *Thrushcross Grange's* plowed civility against *Wuthering Heights'* crude strictness,

rising up civilization impact. Heathcliff is the new fortune with firmness and cruelty having the sense of revenge against the old wealth that was civilized and neat .

C. Religion and delusion

One of the elements of Gothic is the ghost . It is the spirit of Catharine that haunted Heathcliff . The sense of religion that doesn't accept the idea of ghost or superstition Calvinist concept Themes of fate (e.g., characters' tragic fates) may comes from Bronte's influenced to Calvinism in her father's Anglican church. This follow the impact oh her life .

D. Patriarchal role and Gender

Catherine decided to marry Edgar for his fortune and ignores her love to Heathcliff showing that the women is very weak and depend on man to find protection and support .She says "I am Heathcliff," rebels against patriarchal identity erasure.(Emily Bronte , withering heights ,1847 ,ch29)

Female Authorship, Bronte's incognito in "Ellis Bell" shows Victorian oppression on women writers, as explored in Sandra Gilbert and Susan Gubar's *The Madwoman in the Attic* (1979).

E. Historical Events and Movements**

Enclosure Acts (18th–19th c.): Displacement of rural communities may inform the novel's tension between isolation and societal change.

Luddite Rebellions (1811–1816) In Nottinghamshire, they protested . This movement refer to the sense of revolution and the revenge that Heathcliff was looking for against the modernism and new age .

French Revolution also another hint to the uprising echoes in Heathcliff's refusing to the old system .

G. Natural landscape and romanticism

The swamp in Yorkshire refers to the uncontrolled nature that is wild and romantic at the same time . This connection between wildness and romanticism reflects the

interior disorder in the two main characters in the novel , Heathcliff and Catherine, their relation ship and their fate at the end .

H. Illiteracy and Education

The class division shows Heathcliff's shortage of education which is different from Edgar's well education , consolidating social hierarchies. His later criticism of Harleton's illiteracy decrease the importance of knowledge access as a device of power. The wealth is not the only weapon but education is also needed sometimes more than wealth like in "wuthering Heights"

Conclusion

The ghosts In "Wuthering Heights are not just a Gothic ornamentation but effective references of psychological trauma. Bronte exposes how timeless grief and treason can break the soul, recalling the supernatural a concert reality for those confined in circle of suffering. The novel's permanent power depend on its ability to create the haunting insistence of trauma—a theme as suitable today as in 1847.

Wuthering Heights as a novel criticizes nineteenth-century concerning —class transition, gender oppression , and industrial revolution —through its turmoil characters and Gothic setting. Bronte's criticism of Victorian virtue, connected with Romanticism's veneration for nature, creates a lasting discovery of human emotion and societal shifting.

Emily Bronte's "Wuthering Heights" interweave the supernatural and psychological trauma to show the remaining reactions of the old and permanent pain and the human psyche's conflict to be familiar with love, loss, and revenge. The novel's ghosts, sights, and uncanny environment are not just Gothic prosperous but expressing of the characters' shattered psychological states, indicates Bronte's sharp knowledge of how trauma surpasses death and through existence.

The most important factor is the supernatural one " Haunting as Unresolved Grief " .The ghost of Catherine represents the fate that no one can escape from and also

refers to the Heathcliff's sever trauma. Her spirit comes back "I am Heathcliff!" to confirm the strong attachment and strong bond with Heathcliff .T association is timeless and updating by the course of thee time , even in death, the reflection the ignorance of reality and accept the illusion .

Heathcliff's mental disorder and his premonition with Catherine's ghost—urging himself to accelerate death and "haunting" her tomb—shows a psychological devour by unsettled sin, rage, and desertion. The supernatural becomes a figure for his psychological solving, lessen the connection between insanity and the other worlds .

We have the point circle of Abuse through generations . Heathcliff's maltreating of Hareton and Linton make a copy of the severity he suffered as a child, showing how trauma maintain making the same model of itself through generations. The repetition of names (Catherine Earnshaw, Cathy Linton) refers to the circle of suffering . The nature can be considered as a reflection of the psychological aspect in the novel . The wild and savage moors shows he interior part of the character that has the wishes and pure desires and dreams .

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الصدمة النفسية والظواهر الخارقة للطبيعة في رواية مرتفعات وذرناك هايتس

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الكلمات المفتاحية: الصدمة ، الاشباح ، الظواهر الخارقة للطبيعة

الملخص:

تتمثل مشكلة البحث في العلاقة غير المتكافئة بين كاترين وهيثكليف، مما أدى إلى هذا التعقيد النفسي والصدمة التي تعرض لها هيثكليف، مما أدى إلى تدخل العامل الخارق المتمثل في ظهور الشبح وما ورد لاحقاً عن ظهور شبح هيثكليف لاحقاً بعد وفاته. يهدف البحث إلى معرفة أثر الصدمة النفسية وعلاقتها بالظواهر الخارقة التي قد تكون انعكاساً لهذه الصدمة. وكانت النتيجة أن الصدمة النفسية والظواهر الخارقة كانت نتيجة عوامل ومؤثرات عديدة تحيط بشخصيات الرواية الرئيسية، منها التمايز الاجتماعي والطبقي، ودور المرأة وسعيها للرفاهية والثراء عن طريق الزواج لتغيير وضعها الاجتماعي وتجاهل الجانب العاطفي من خلال مبدأ الغاية تبرر الوسيلة.